

"Veterans on the MOVE! - Making America Stronger"

Veterans' Day - November 11, 2003

Report of Activities

"Veterans on the MOVE! - Making America Stronger"
Monday November 10, 2003 (Veterans' Day Holiday is on November 11th)
The VA National Center for Health Promotion and Disease Prevention (NCP)
is collaborating with VACO to promote
a prevention activity in celebration of Veterans Day

Introduction: The VA National Center for Health Promotion and Disease Prevention collaborated with VA Central Office staff (Dr. Irene Trowell-Harris; Dr. Fran Murphy; Laura Miller; Jim Delgado; Larry Long; Jeni Cook; Carole Turner) to promote "Veterans on the MOVE! – Making America Stronger."

The following initial information was shared with the field to promote Veterans on the MOVE!

- a. We would like **all medical centers to participate.....**
- b. Please **take a team approach**, including the Prevention Coordinator (PC), Physician Assistant (PA), Chaplain, Volunteers, Recreation Therapist, Women's Coordinator, Director/Associate Director/Chief of Staff and anyone else who may be interested.
- c. **Keep it simple** - organize a walk or other physical activity (30 minutes or less).
- d. **Logistics:**
 - Decide about local publicity of the event (posters, signs, etc).
 - Set up tables for handouts.
 - Establish walking routes (15-minute route and/or 30-minute route) and time(s) for the walk.
 - Determine a back-up plan for bad weather.
 - Serve as a walk leader.
 - Director, Associate Director, or COS may want to kick-off the event; could lead a walk; or may share a few words about benefits of physical activity; etc.
 - PC or PA - could share a few tips about stretching; some activity is better than no activity; you don't have to join a gym to get benefits from physical activity; moving slowly is better than not moving; walking for 10 minutes, 3 times a day is just fine; start slow and build up; etc.
- e. **Walk with our veterans and have fun!**
- f. Give each participant a certificate of accomplishment

Because of the high level of visibility of the nation's obesity/overweight epidemic, this simple activity promoting physical activity will achieve great recognition, so any efforts (big or small) will be noteworthy and will be reported to Dr. Roswell's office. This is a great opportunity to gain visibility for your ideas, energy, and efforts! Please send us pictures of veterans and staff taking a walk and we will publish your activities in NCP's newsletter and website.

Fifteen physical activity handouts from the MOVE! (Managing Obesity/Overweight Veterans Everywhere) initiative were provided for medical center staff to give to patients.

The NCP sent eight pedometers to each Director's office to be used for this event. Some medical centers indicated they would be giving them away as prizes.

Check out our website for more "Veterans on the MOVE!" highlights at www.vaprevention.com

Approximately 4,230 veterans, employees and others participated in this event. This included 19 VISNs and 47 medical centers. Here is an abbreviated list of the facilities that submitted reports:

VISN 1

- | | |
|------------------------|---------------|
| 1. White River Jct, VT | Martha Nelson |
|------------------------|---------------|

VISN 3

- | | |
|------------------------|---|
| 2. New York Harbor HCS | Charlene Stokamer |
| 3. Northport, NY | Joe Sledge, Ann Marie Falcon, Rona Gralla |
| New Jersey HCS | Beryl West |
| 4. East Orange | |
| 5. Lyons | |

VISN 4

- | | |
|--------------------|-----------------|
| 6. Altoona, PA | Cheryl Thompson |
| 7. Coatesville, PA | Eric Egert |
| 8. Erie, PA | Stacey Lutz |

VISN 5

- | | |
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| 9. Martinsburg, WV | Barbara Corbin |
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VISN 6

- | | |
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| 10. Durham, NC | Miriam Morey |
|----------------|--------------|

VISN 7

- | | |
|---------------------|---------------------|
| Central Alabama HCS | Faye Rayford-Outsey |
| 11. Montgomery | |
| 12. Tuskegee | |
| 13. Columbia, SC | Priscilla Creamer |
| 14. Decatur, GA | Chauncy Rozier |

VISN 8

- | | |
|---------------------|---|
| 15. Gainesville, FL | Helena Chapman/Marianne Mathewson-Chapman |
| 16. Miami, FL | Mrinalini Sehgal |
| 17. San Juan, PR | Susan Ruiz/Annie Moraza |

VISN 9

- | | |
|-----------------|------------------|
| 18. Memphis, TN | Catherine Austin |
|-----------------|------------------|

VISN 10

- | | |
|---------------------|----------------------------|
| 19. Chillicothe, OH | Gary Sallade |
| 20. Cincinnati, OH | Joyce Seltzer/Lisa Andrews |

21. Columbus, OH
22. Dayton, OH

Clary Garabis
John Walter

VISN 11

23. Ann Arbor, MI
24. Detroit, MI
25. Northern Indiana HCS

Micki Wheaton
Ann Talbot
Susan Baumann

VISN 12

26. Madison, WI
27. Milwaukee, WI
28. Iron Mountain, MI

Lynda Everson
Nancy Wilke/Jill Zahn
Judith Bjork

VISN 15

29. Poplar Bluff, MO
30. St. Louis, MO

Sydney Wertenberger
Ruth Hunter

VISN 16

31. Fayetteville, AR
32. Muskogee, OK
33. New Orleans, LA
34. Shreveport, LA

Mona Benson
Barbara Corbin
Jill White
Amy Ardoin

VISN 17

35. San Antonio, TX

Isabelle Flores

VISN 18

36. El Paso, TX
37. Prescott, AZ

Monti Walthall
Beth Brehio

VISN 19

38. Denver, CO
39. Fort Harrison, MT

Mary Kay Fletcher
James Lund

VISN 20

40. Anchorage, AK
41. Roseburg, OR

Mark Schwartz
Arlene Bradley

VISN 21

42. Manila, PI
43. San Francisco, CA

Florence Vilorio/Leana Agustin
Joel Simon

VISN 23

VA Central Iowa HCS
44. Des Moines
45. Knoxville
46. Minneapolis, MN
47. Sioux Falls, SD

Hank Wood/David Dettmann

Michael Morris
Shirley Redmond

The following individual reports were submitted:

VISN 1

White River Junction, VT – Martha Nelson

We had an event in White River Junction. It was well advertised and notices about climbing stairs were in all the elevators. We had a few employees and two visitors came. NO VETERANS came at all. It gives me an idea about how far we really have to go.

VISN 3

New Jersey Health Care System – Beryl West

Our Walk” was organized by our PC (Prevention Coordinator) with a lot of help from of our Voluntary, Employee Health, and Guest Relations Departments. Everyone from all our sites (9 CBOC’s, East Orange and Lyons campuses) was invited. We had 30 participants at our Lyons Campus led by our Associate Director and our Prevention Coordinator. Our East Orange campus had 28 participants led by the Chief of Guest relations and at the CBOC’s we had approximately 20 individuals participate collectively.

The participants were a mixture of veterans, volunteers and employees from various departments. All of the walks lasted about 30 minutes and the length of the walks varied from facility to facility. The participants were quite enthusiastic as you can see from our photos. All were given educational material at the start of the walk and at the end of the walk bottled water was distributed to the participants.

We will be using this activity to kick off our” Healthy Habits” campaign. This campaign is directed at employees and will be run by our Employee Health service. They’ve identified a number of health related problems that our employees are facing and they will be tackling them one by one. The first to be tackled is obesity. The plan is to continue the walks and educate the staff on good eating habits (lower fat/calorie diets). Pitting services against each other the service that loses the most weight in a 5-week period will win a prize. This activity is scheduled to start November 17,2003.

We, as always will continue to encourage our veterans to eat right and exercise when ever possible as part of our commitment to promote good health and prevent disease and or its progression.

The first picture shows the Associate Director on the right and the Prevention Coordinator myself) on the left leading the crowd followed by the rest of the group pictures from the Lyons walk. It was a fun time. Thanks for including us!





VA New York Harbor HCS – Charlene Stokamer

Here is our report on the Veterans on the Move event. It was fun to coordinate this and everyone enjoyed the opportunity to move more. I hope that some people will follow up with progress reports. (Please see our booklet, the pages 3-4 that describe the self-reporting opportunity we are offering employees and veterans). We are also making Veterans on the Move the lead article in our end-of-year issue of News and Views the Patient Education Newsletter that we publish for the VISN each quarter.

So, your efforts have not been in vain!!

We have compiled your handouts into a booklet with and table of contents and we hope to encourage our activity level self-reporting program.

The full report follows (did not get approval to use pictures):

A “Veterans on the Move” walk to encourage veterans and employees to increase their activity levels took place on November 10th at all three campuses of VA New York Harbor Healthcare System (VANYHHS). Each participant was given a booklet containing exercise, nutrition tips, and forms they could use to record their daily activity levels and monitor their progress. The weather was wonderful. The bright and sunny November day in New York City was a perfect environment for the three spirited groups of employees and veterans to walk briskly for about 30 minutes. All reports indicate that they thoroughly enjoyed themselves!

More than 70 people ranging in age from 16-82 years old participated in the walk at our VANYHHS campuses located in three New York City boroughs: The background for the walks included the lovely grounds of our campus at St Albans in Queens, the banks of the East River one block away from our Manhattan campus, and the popular walking path adjacent to the emerald green Brooklyn golf course within view of the Verrazano-Narrows Bridge across the street from our Brooklyn campus. Our VANYHHS director and other administrators joined in this first “Veterans on the Move” walk and encouraged others to walk as well. Enthusiastic designated employees lead the walks and also brought up the rear to keep stragglers together. We, at VA New York Harbor Healthcare System hope that the November 10th, 2003 walk is just the beginning of a movement towards increasing awareness of the importance of physical fitness for everyone connected with VANYHHS and the beginning of a new tradition to celebrate future Veterans Days.

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Northport, NY – Joe Sledge, Ann Marie Falcon, Rona Gralla

On November 8, 2003, the 24th Annual Veterans Day 4K Run was held on the golf course of the VA Medical Center in Northport, New York. Dennis Golden (Race Director) and the members of the Northport Running Club and the members of Northport American Legion Post 694 coordinated the race, with some help from the Northport VA Medical Center and with community sponsorship.

The Veterans Day Run has provided competitive runners and fitness-oriented joggers/walkers with an opportunity to celebrate the national holiday in a truly unique setting. More than 400 participants crossed the finish line.

Dr. Steven Yevich, Director of VA National Center for Health Promotion and Disease Prevention (NCP), delivered the welcoming remarks at the ceremony. Staff from the NCP participated in the event. Pedometers with the MOVE! logo were handed out to 200 veterans, and race event T-shirts from the running club, which included the VA NCP logo, were also given to all participants. NCP's involvement in the race is mentioned in articles published by two local newspapers.



VISN 4

Altoona, PA – Cheryl Thompson

On November 7, in celebration of Veterans Day, the James E. Van Zandt VA Medical Center presented “Veterans On The MOVE” in coordination with the national physical fitness program scheduled nationally for November 10.

The James E. Van Zandt VA Medical Center strives to promote preventive health practices to veterans on a continuing basis. With this in mind, the James E. Van Zandt VAMC designed a six-hour program for “Veterans On The MOVE”. The basis of the six-hour program was to give veterans choices in various ways to get active and stay active. Throughout the day, veterans, veterans’ families, and employees were given the opportunity to try a new physical activity. We offered seven different activities with each class running in one-hour intervals. When we provide choices, we empower participants to make informed decisions regarding their own physical fitness.

We had a total of 91 participants with 32 of those being veterans. Classes offered were:

- Overcoming barriers-wheelchair exercises,
- Tai-Chi,
- Yoga,
- Walking off the Pounds,
- Exercise bands, Exercise balls, and
- Abdominal exercises.

During the programs the Army Physical Fitness Research Institute was on hand to answer veterans’ questions regarding barriers to fitness and spinal stabilization techniques. We also had educational displays from our own Physical Therapy, Occupational Therapy, and Recreational Therapy services. Additional displays from community vendors were in martial arts, female safety, and massage therapy.

Special thanks to our Women Veterans Coordinator, Ms. Denice Duman, and a group of dedicated employees for pulling this together.





Coatesville, PA – Eric Egert

We had 16 participants. The walk was around the perimeter of our campus. Everyone was enthusiastic and had a great time.

For next year it might be helpful if I had a banner made and walk with it, so that other veterans could know the purpose of our walk.

Erie, PA – Stacey Lutz

At Erie, PA, we held a veterans day MOVE program. Employees and veterans participated (125-150). We had them walk around the first floor of the medical center. We had 3 stations set up on health and wellness. The stations were staffed by a dietician, recreation therapy and employee health nurse. We gave out pedometers at the completion. It was well attended and the pedometers were a hit.

VISN 5

Martinsburg, WV – Barbara Corbin

Veterans, family members, friends and employees turned out in large numbers to participate in the annual Veterans Day 5K Walk/Run/Roll at the Martinsburg VA Medical Center on Saturday, November 8. One hundred fifty flags bordered both sides of the entranceway and flew briskly as over 200 runners, walkers & wheelchair participants made their way around the Medical Center. Award recipients were recognized at 10 a.m. The U.S. Army Drill Team, one of the 3rd U.S. Infantry's (The Old Guard) renowned specialty units, made an appearance at 11 a.m. Because of the winds, the Team could not perform, but they were available for questions and photographs. Proceeds from this event will support veterans' events, e.g., Golden Age Games.

VISN 6

Durham, NC – Miriam Morey

The Durham VA Medical Center participated in the national health promotion prevention day “Making Americans Stronger” by sponsoring a mini-walkathon on November 13, 2003. Employees and visitors to the medical center had the opportunity to promote healthy living by walking with a veteran. Over 46 employees and visitors were paired with 40 veterans who exercise regularly through the Durham Gerofit Program. They were put through the paces by Gerofit participants as they walked for up to 30 minutes on a beautiful fall day. Pedometers, t-shirts, beverages donated by the Canteen Service, and brochures promoting physical activity and nutrition were awarded as prizes. Making America Stronger day was part of a national health promotion effort sponsored by the VA National Center for Health Promotion and Disease Prevention.



Rosemary Strickland
VA NCP Staff



Kristy Straits-Troster
VA NCP Staff

VISN 7

Central Alabama HCS – Faye Rayford-Outsey



Veterans on the Move! – Making America Stronger

On Monday, November 10, 2003, Central Alabama Veterans Health Care System joined the VA National Center for Health Prevention and Disease Prevention (NCP) in collaborating with VACO to promote a prevention activity in celebration of Veterans Day.

CAVHCS sponsored a “Walk Around the Campus” on the Tuskegee and the Montgomery sites. We had open registration to all patients, staff, volunteers and families. Our program began at 10 a.m. with a welcome and invocation, and then the walk began.

Patients from our nursing home and mental health units participated, as well as staff and volunteers. Children from St. James School, Girl Scouts Brownie Troop #36 from Montgomery also participated. There were twenty Brownies, their troop leaders and parents.

The Veterans of Foreign Wars, and our local 110 – AFGE union partners, supplied fruit and water. There were approximately 130 participants between both campuses. Dr. Chava, Acting Medical Center Director, and Lea Wiggins, Associate Director for Resources, actively participated as well as our chaplains.





Columbia, SC – Priscilla Creamer

The following flyer was provided:

**The VA National Center of Health Promotion
and Disease Prevention is promoting ...**



**Veterans on the *MOVE!* - Making America Stronger!"
Managing Overweight/Obesity in Veterans
Everywhere!
Monday, November 10, 2003**

Dorn VA Medical Center has scheduled a visit with Amy Kluttz a personal trainer with Columbia Athletics Club and Robert Hale, KT Chief/Coordinator Physical Med Rehab Dept. in celebration of Veterans Day on Monday, November 10, 11:00 - 11:30 a.m. in the Auditorium, Bldg 5.

All veterans, patients, visitors and staff members are invited to attend.

Refreshments

Come and get physical!

For More information check out the web sites below!

Website www.vaprevention.com
<<http://www.vaprevention.com>> or www.health4vets.com
<<http://www.health4vets.com>>





Exercise Class with a personal trainer from Columbia Athletic Club

Twenty-five veterans participated. Comments were positive. One veteran thought we should do this 2 or 3 times a week.

Decatur, GA – Chauncy Rozier

On November 10th, 2003, the Making America Stronger Walk was held at the Atlanta VAMC in Decatur, Georgia. This was the first time this event was held along with other VA's around the states and about 80 participants turned out to support this cause. Our Director, Mr. Thomas Cappello and the Associate Director, Mr. Freeman Walker, led the walk. Inpatient and outpatient veterans from the Medical Center, volunteers, service organization American Legion Post #307, VAMC staff and Marines who all joined together to walk around the hospital joined them. The walk began at 10:00am. Prior to the walk, the Marines Birthday Celebration was held with some Marines and Navy enlisted men and women visiting us from the Headquarters Service Training Center in Marietta, Georgia. After their celebration, some of the Marines were able to join in on our walk. The pictures captured the overall attitude of the participants. We had a great time and look forward to do this again next year. After the walk the healthy America flyers were distributed and everyone was thanked for participating. This event was coordinated by Recreation Therapist, Chauncy Rozier, MS, CTRS.











VISN 8

Gainesville, FL – Helena Chapman/Marianne Mathewson-Chapman

I wanted to share some news of one of our Veteran winners, Doris McNeil, who placed First Female Wheelchair on November 11th Vet Day Run, Walk, Roll event. Over 300 people participated in the event, showing the successful organization of a First Annual Event (collaborated by Barry Murphy with RT, Florida Track Club, and VA Employees Association). Many organizations and businesses throughout Gainesville and surrounding communities donated prizes, food, and volunteers to the event.

Please review the attached photo that one gentleman took of our finishing strides! Doris sat beautiful (as usual) in her chair while I pushed her the 5K (~3 miles). She kept asking me if I was doing ok - HA!

It was a wonderful and memorable day as we salute our veterans for their selfless service to our nation's freedom! I was honored to participate in the event! Kudos to Doris for her positive spirit! Kudos to the event organizers for their hard work!



Miami, FL – Mrinalini Sehgal

At Miami VAMC we had 2- 1 mile walking sessions planned for employees, veterans and volunteers around the medical center. The Office of Preventive Medicine and Recreation Therapy sponsored the walks. There were 65 participants. Our Chief of Staff, Associate Chief Nurse and Public affairs officer joined us for the walk in the morning. Associate Director and Associate Chief Nurse walked with us in the afternoon. We had water and granola bars along with certificate of accomplishment at the completion of the walk. We also gave out information to promote physical activity.

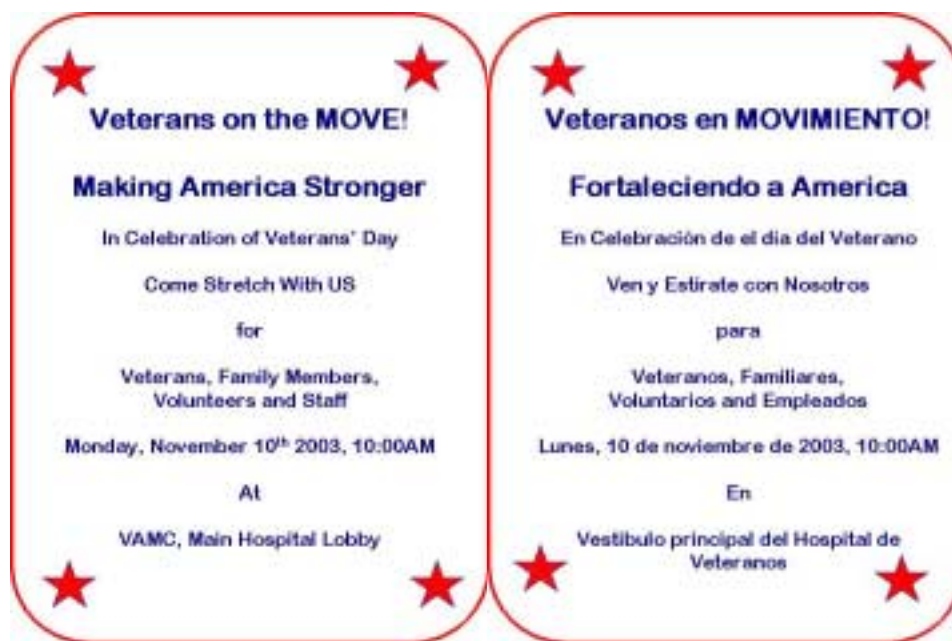
Soon after the walk, as I was walking through the outpatient pharmacy waiting area, I overheard one somewhat obese veteran asking another veteran what was he doing to stay physically fit. The 2nd veteran told him about his exercise routine. I asked the first veteran if he wanted more information on how to get started and then gave him a copy of the handouts we had used for our

walk. He was very happy and hopefully motivated enough to start the exercise routine. That was instant gratification!

We are working on promoting Smoking cessation this month as well as Diabetes awareness. We will be having Diabetes health fair at our satellite clinic and at Miami VAMC and have planned for a CME program for our providers as well.

San Juan, PR – Susan Ruiz/Annie Moraza

THESE ARE THE PHOTOS OF THE ACTIVITY WE COORDINATED FOR THE " VETERANS ON THE MOVE" PROGRAM. IT WAS A SUCCESSFUL ACTIVITY AND VERY INFORMATIVE. The activity was a demonstration and education related to stretching, the importance of exercises and different exercises with the therapeutic balls. We are planning to provide a special activity once a month for patients and staff to participate.





VISN 9

Memphis, TN – Catherine Austin

We had a great turnout. I think over 100 employees and about 100 patients walked. It was fun.

VISN 10

Chillicothe, OH – Gary Sallade

Sponsored, as part of the Veteran's Day MOVE program, a "Walk a Mile in YOUR Shoes" activity. The walk was one mile, indoors, around our tunneled corridor, and folks could walk any time between 10:00am and 2:00pm. In all, 2 volunteers, 7 outpatients and 41 employees participated and received their competition certificates.

Cincinnati, OH – Joyce Seltzer

Cincinnati VAMC made educational packets on Exercise and Diet for all patients coming to the main medical center or one of the CBOC's today. Instead of a walk, our P.T. Department went to the Primary Care Clinic main lobby and waiting area at noon and reviewed simple exercises patients can do while sitting or standing watching TV.

Distributed approximately 700 education packets. There was also a tabletop display with posters on exercise and diet as well as handouts on our weight loss clinic.

Lisa Andrews

The Old Timer's Group is a maintenance group for people that have completed a 6-week weight control clinic at the VA in Cincinnati, OH. The group meets monthly for weigh-ins and support. In honor of Veteran's Day, the Weight Control Old Timer's Group members exercised while watching two exercise videos.

Seven veterans and one spouse attended the class. This was an increase from the usual group size of 4-5 veterans each month. The first video featured range of motion warm up exercises and lasted 7 minutes. This was followed by a 20-minute, one mile walking video called "Walking off the Weight". Veterans were advised to stop if they were in pain or too short of breath to continue to exercise. All veterans participated in the exercises and verbalized that they could try these exercises at home. Although we did not get any pictures of our Veterans, we felt that our small program was a success.

Suzan Winders-Barrett, PhD and Lisa Andrews, MEd, RD, LD run the weight control clinic.

Columbus, OH – Clary Garabis

Things were definitely "on the move" for the "Veterans on the MOVE!" walk at the Chalmers P. Wylie Outpatient Clinic in Columbus, Ohio. Decked out in beige-colored Columbus VA-logo t-shirts (see photo), the group consisted of local veterans, their families, and Columbus VA employees. The clinic's Director, Dr. Lilian Thome (right), who is seen bundled up and ready for the cold November walk, graciously took part in the event. Before the walk took place, participants got the blood flowing with stretching techniques guided by Physical Medicine and Rehabilitation staff. While the temperatures were a little nippy, the sun was shining that day, making for a very pleasant walk for all those who attended. After the stroll, Mrs. Clary Garabis, Women Veterans Program Manager and coordinator of the event, shared information

concerning the benefits of walking to all those present. In addition, eight pedometers were raffled off among the participants and water bottles as well as pamphlets stressing the importance of physical activity were distributed to everyone.



Dayton, OH – John Walter

Action Report –
“Veterans on the MOVE! Making America Stronger”

**Veterans Affairs Medical Center
Dayton Ohio
Fitness Walk/Volksmarch**

**On November 10, 2003, the Dayton VAMC held two activities to support fitness. A
Volksmarch with two trails (5K and 10K) and fitness walk of one mile.
(Volksmarch handout enclosed)**

For the Volksmarch:

Total walkers: 55
Total 10 K walkers: 42
Total 5 K walkers: 13
Total credit walkers (regular volksmarchers from community): 42
Total free walkers (employees and patients): 13

Turnout was considered good since the walk was planned, sanctioned by the American Volkssport Association (AVA), advertised, and implemented in only two months versus the regular process which normally takes six months or more. Also, it was on a non-holiday Monday that did not allow working community volksmarchers to participate. Volksmarches are usually held on weekends or holidays. This one was specifically organized to support the "Veterans On The MOVE" day.

This volksmarch was a test run for a planned CY 2004 year-round volksmarch (non-competitive fitness walk) entirely on the Dayton VAMC grounds. It passed the test with flying colors. As a result, it will be advertised in International Volkssports Federation (IVV) and AVA publications/websites to begin Jan 2, 2004 and continue through Dec 31, 2004. On this year-round-event (YRE), any volksmarcher can follow written instructions for 5 K or 10 K self-guided walks for AVA credit during VA canteen operating hours on weekdays and Saturdays (closed Sunday). It will also be locally advertised to encourage local veterans, employees, and community neighbors to use the walking trails to increase fitness either for free or for AVA credit (\$3.00 for up to 20 K on one day).

Once the non-profit sponsoring club makes enough money from credit walk payments to meet its expenses for maintaining this walk, it will donate any additional funds to the American Veterans Heritage Center, a non-profit organization dedicated to preserving historic buildings on the Dayton VAMC grounds.

For the Fitness Walk:

Total walkers: 75
Veteran patients: 52
Employees: 23

AT registration, each participant received a flag and neck wallet. The Kinesiotherapy Department organized the walk and was assisted by the Rehabilitation Care Line.

The program included a welcome by the Associate Director, Joe Battle and the Director of the Rehabilitation Care line, Dr. David Van Winkle. Colors were posted by Post 9927, and the National Anthem was sung. After the walk, refreshments were served and door prizes announced. Staff provided exercise handouts. Each participant was provided with a certificate of achievement.

Medical Media provided a cameraman for pictures to make a collage of the event. Many veterans stated they appreciated the successful event and asked about plans for the next walk.

Media coverage was provided by a local radio station, who advertised the walk and a local television news station covered the event.

“VETERANS ON THE MOVE! – MAKING AMERICA STRONGER”
VETERANS AFFAIRS MEDICAL CENTER
DAYTON, OHIO
FITNESS WALK/VOLKSMARCH
MONDAY, NOVEMBER 10, 2003

Sanction No:

Sponsors: Bulls Run Ramblers and Dayton VA Medical Center

Times: Start between 9:00 AM and Noon. Finish by 3:00 PM.

Start: Main lobby, Patient Tower, Bldg 330, VA Medical Center, 4100 West Third Street, Dayton OH 45428.

Distance: 10 K (6.2 mi) and 5 K (3.1 mi).

Trail and Rating: Two 5 -K loops. Loop 1, rated 1+, is on all paved surfaces and suitable for wheelchairs, strollers, and wagons. Loop 2, rated 2, is primarily on natural surfaces and is NOT suitable for wheelchairs, strollers, or wagons. Pets are not allowed. Both trails go past historical buildings, structures, and grounds. For its history, visit the Dayton VA Virtual Museum at <http://www.Dayton.med.va.gov/museum/index.html>. The Volksmarch is being offered in conjunction with a brief fitness walk for VA patients and employees. NOTE: THIS EVENT CAN BE CANCELLED AT ANY TIME DUE TO MEDICAL CONCERNS, FEDERAL SECURITY CONCERNS, OR DANGEROUS WEATHER.

Restrooms and Refreshments: Restrooms and water will be available at the start, finish, and conclusion of each loop. Food will be available for purchase at the VA canteen.

Award and Registration: The walk is free for all who do not want IVV credit. IVV credit will be \$3.00. Various “B” awards will be available for \$2.00 each to free and credit walkers. There is no pre-registration. A start card must be obtained by everyone and returned at the finish. No refunds will be given for any reason.

For more information: Contact Dave Van Winkle at 937-748-9410 or davidvanwinkle@msn.com or Bob and Judy Hawkins at 937-746-9394 or brrhawk@aol.com.

DIRECTIONS: From I-75 north or south, take exit 52B, US 35 West (Eaton), to Liscum Drive exit, approximately 3.5 miles. Turn right (north) on Liscum and turn at first right onto VA grounds. Turn at second left and proceed to Patient/Visitors parking lot. Main entrance is near American flagpole and Civil War soldier statue.



VISN 11

Ann Arbor, MI – Micki Wheaton

Twenty-seven participated in today's walk at the Ann Arbor VA Healthcare facility. Of those that participated, 67% were employees, 28% were veterans, and 5% were volunteers, family and/or guests.

The "**Veterans on the MOVE! - Making America Stronger**" initiative conducted on November 10, 2003, had 27 participants in the walk at the Ann Arbor VA Healthcare facility. Of those that participated 67% were employees, 28% veterans, 5% volunteers, family and/or guests. A simple walk of two laps around the medical center at approximately 1/4 mile for each lap was conducted with all participants finishing in less than 20 minutes. Staff and administrators, including the Director of Nursing, Ms. Penny Holland, facilitated the walk as walk leaders - escorting and/or walking with the veterans. Mr. Paul Scheel, Associate Director, officiated as the registrar. He assured that all participants signed in and distributed the completion certificates at the finish line. Veterans were encouraged and observed to select freely from the variety of physical activity handouts that were available for their use.

Detroit, MI – Ann Talbot

The John D. Dingell VAMC **Veterans on the MOVE** program took place at 11 a.m., November 10, 2003. The Director and Chief of Staff and eight uniformed Marines led the walk around the VAMC atrium. There were approximately 95 participants and Voluntary Section provided "Wellness T-Shirts" for the veteran walkers. Staff paid for theirs, so most participants were wearing a Wellness T-Shirt. Engineering Section determined that it takes 5 1/2 laps around the VAMC atrium to make a mile, so participants walked a mile together. We had 8-10 veterans in wheelchairs that were pushed by staff or other patients. At the end of our walk, the walkers were given bottled water and an apple at the Patient Learning Center and were able to peruse a special fitness display, which had been prepared for the event. Signs along the route reminded the walkers that it takes 18 laps around the atrium to burn off a candy bar and another 9 if you wash it down with a bottle of soda. And you really could walk to Chicago if you wanted to; it is just the equivalent of 1,530 laps.

The John D. Dingell VAMC Wellness Program purchased 3 pedometers for which we held a drawing among the veteran participants. The veteran walkers were also given an insulated lunch bag with the medical center's name on it. The eight pedometers from NCP will be given to our new cardiac rehabilitation program, which is currently being established.

In all, this was an enjoyable event, both for those walking and for those standing along the sidelines. It re-emphasized the importance our medical center places on wellness and prevention.

VA Northern Indiana HCS – Susan Baumann

We sent out messages to staff two weeks in advance of our MOVE event, posted announcements around the building in the clinical and administrative areas, and the day of the event we

announced over the public address system about the initiative. We welcomed all staff, volunteers and patients. We had 54 participants in all, with a mix of employees and patients.

We plotted out about a mile "circuit" for walkers that went over the river and through the woods to Parkview and back. We had dietitians, and providers available to explain a number of wellness handouts that we had available for participants and anyone else who was interested. We are planning to have more regular fitness walks, but it is difficult to predict right now with the weather. We are hoping to pilot a wellness walk with employees (when we hire the director of employee health) and then expand to veterans. The pedometers were raffled at each campus among the participants.



VISN 12

Iron Mountain, MI – Judith Bjork

Thank you very much for this health promotion activity suggestion and materials. Although, we needed to adapt our activity to an inside event due to our northern climate and change our date to Nov. 19th, we ended up having a successful and fun MOVE event.

We held an interactive exercise education session with an exercise physiologist as our guest speaker. Our program focused on the importance of moving throughout the day and the getting enough steps. The program integrated the recommendations regarding use of pedometers, personal safety and achievable goals with increasing current activity and adding steps. The presenter discussed the recommended 10,000 steps a day, but stressed that increasing current activity is the important focus.

We were able to get the attendees some “movement” by having them participate in exercises that could be done at their workstations, with the suggestion to use these same exercises for veterans in wheelchairs.

The presentation was taped and will be shared with the CBOCs and others who are interested, but could not attend.

Our participants included staff, volunteers and veterans - approximately 35 in attendance at the presentation.

We are also doing displays in our outpatient area and CBOCs regarding MOVE.

I forgot to mention that the pedometers were a HUGE success. I think they are the reason we had folks attend. We drew for them from the attendees’ names. I have been getting feedback all week about how many Steps people have “MOVED”. It was a very fun and health-promoting event.

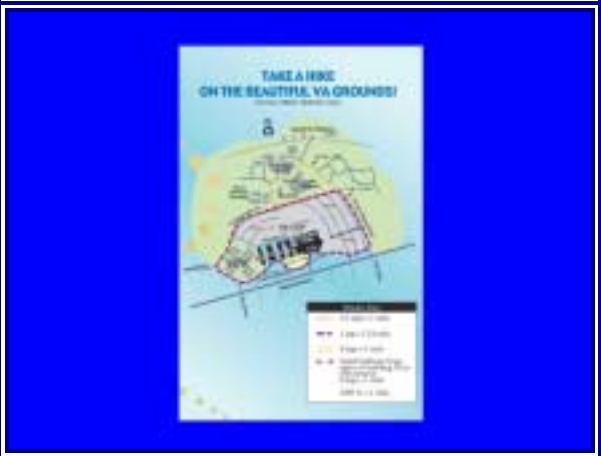
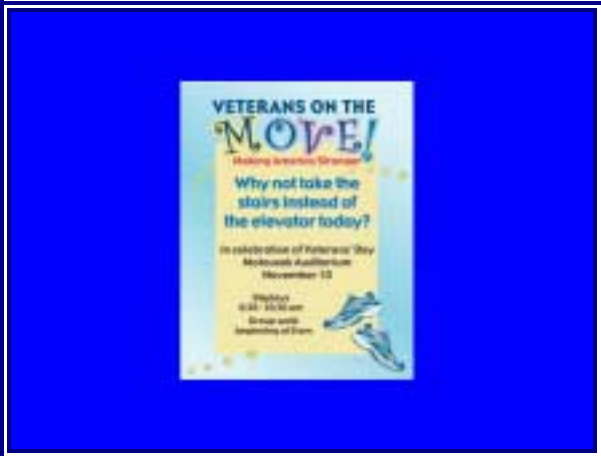
Madison, WI – Lynda Everson

At the VA in Madison, WI we did the following:

1. Displayed posters
2. Provided handouts
3. Provided a healthy alternative (fruit) to the donuts that are typically on the "coffee cart" for patients that is staffed by volunteers.

This was well received by patients/significant others. All of the handouts & fruit were gone by the end of the day.

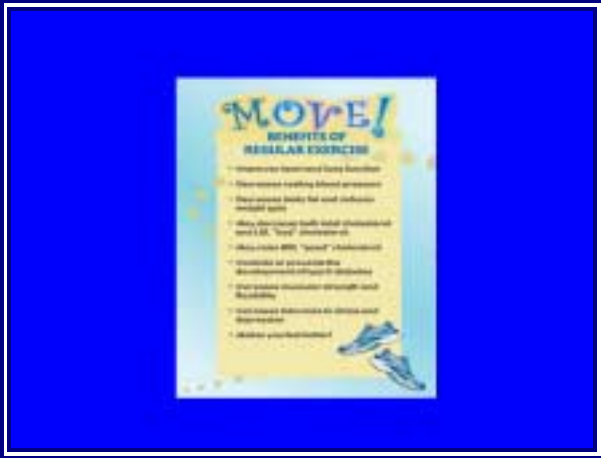

Milwaukee, WI – Nancy Wilke/Jill Zahn



Greeting veterans at the door.



Shirley and Roger



Our organizers with one of the veteran participants.



The organizers



Ready to walk around the grounds.



A walking video for anyone not able to go outdoors.



VISN 15

Poplar Bluff, MO – Sydney Wertenberger

Monday, November 10, 2003, the John J. Pershing VAMC hosted a program entitled "Veterans On the MOVE! - Making America Stronger!" This program included veteran's/patients, VSO's, Volunteers, staff, and significant others related to the veteran's being treated at this facility. The activity began with a formal program, including a welcome by the Medical Center Director, Nancy Arnold who is an active supporter of healthy life styles and exercise, and a brief presentation by the Medical Center preventive health coordinator Marsha Shively MSN, RNP regarding the benefits of preventative health activities, and the positive outcomes that have been linked to walking. Handouts on exercise, with an emphasis on walking were made available for all. Then the entire group was asked to participate in the kick-off walk, which was scheduled for a quarter of a mile, on the walking path surrounding the medical center. Over 50 individuals participated in the walk, which had an age range of 4 years of age to 85 years of age. Certificates of accomplishment were provided to all who walked, signed by the Director of the VA National Center for Health Promotion and Disease Prevention, Dr. Steven J. Yevich, MD, MPH. Special recognition was given to the oldest and youngest participants.

The MOVE Program has been set up with an emphasis on continuing the activity on a regular basis. Employees have set up competitive walking teams, to identify who has walked the furthest, with the most positive life style changes within the next year. Patients have been invited to join these teams, thereby having a support group to work with, as well as the safe walking environment of the medical center.





St. Louis, MO – Ruth Hunter

John Cochran Division had about 104 pts and staff to participate in walk and the Jefferson Barracks Vision had about 50 patients and staff participated in walk. We have a lot of staff interest in diet and activity, but have no extra space to provide a room that could support those activities. I really think that staff should be included in the weight loss program.

VISN 16

Fayetteville, AR – Mona Benson

The Fayetteville, AR VAMC had a program entitled "Walk the Circle" on November 10th. We had 106 participants with approximately 25% of those being veterans. Each participant received a MOVE button and was encouraged to continue to wear their buttons this year as the new program is introduced. The pedometers were awarded as door prizes. We displayed a storyboard with the provided materials and awarded 30 minutes of training to the participants. The activity also helped to spark interest in our development of the Employee Wellness Program. We felt it was a great success and many asked for repeat performances during the year.



Muskogee, OK – Barbara Corbin

"Veterans on the MOVE" program was held Nov. 8, as described below.

Veterans, family members, friends and employees turned out in large numbers to participate in the annual Veterans Day 5K Walk/Run/Roll at the Martinsburg VA Medical Center on Saturday, November 8. One hundred fifty flags bordered both sides of the entranceway and flew briskly as over 200 runners, walkers & wheelchair participants made their way around the Medical Center. Award recipients were recognized at 10 a.m. The U.S. Army Drill Team, one of the 3rd U.S. Infantry's (The Old Guard) renowned specialty units, made an appearance at 11 a.m. Because of

the winds, the Team could not perform, but they were available for questions and photographs. Proceeds from this event will support veterans' events, e.g., Golden Age Games.

New Orleans, LA – Jill White

The New Orleans VA did not participate in this event on November 10th. However, we incorporated an Exercise "booth" during our previously scheduled health fair on November 20th. The name of our health fair (an annual event) was titled "Veterans on the Move - Making America Stronger." We utilized the fantastic handouts you sent us as well as the certificate for those who opted for a walk around the block during the fair. Thanks for all of your fine work.

Shreveport, LA – Amy Ardoin

Here is our report from the **Overton Brooks VA Medical Center in Shreveport, LA.**

There were many activities at our medical center that day including, "Veterans on the Move" and the dedication of the new monuments in our front circle. Our committee, which included Shelly Marie, RD, Nicole Altman, Acting Chief of Nutritional Services, Amy B. Ardoin, Prevention Coordinator, and Georgia Blow of the Public Affairs office planned a walk around the front circle before the dedication of the monuments for the ambulatory patients that were interested, employees, veterans attending the ceremonies, and school-age children scheduled to visit the veterans. Approximately 50 people walked around the circle in front of the facility behind a bagpiper playing patriotic music. At the same time, there was a certified aerobics instructor in our front lobby leading veterans and their families in chair aerobics to patriotic music. The school-age children participated in both the inside and outside activities. We distributed free bottled water that was donated by a local bottling company and many of the exercise flyers to the participants. Fun was had by all! Attached are pictures from the event.





Vets_Day_29



Vets_Day_31



Vets_Day_32



Vets_Day_34



Vets_Day_37



Vets_Day_38



Vets_Day_40



Vets_Day_44



Vets_Day_47



Vets_Day_48



Vets_Day_49

VISN 17

San Antonio, TX – Isabelle Flores

STVHCS sponsored a walk around the VA that lasted about 30 min, along with a session in chair yoga that also lasted 30 min. We had both w/c and ambulatory veterans and some employees join us. Snacks were provided by Volunteer Service. Educational material was also available on Wt Loss, Healthy Eating and Exercise.

We had about 10 staff and 9 patients participate.

VISN 18

El Paso, TX – Monti Walthall

On November 10, 2003, we joined with some of our veterans in a new initiative "Veterans on the Move - Making America Stronger. The VA National Center for Health Promotion and Disease Prevention (NCP) collaborated with VACO to promote a prevention activity in celebration of Veterans Day (November 11, 2003). The goal - - develop a fun physical activity that was easy for our veterans and staff to accomplish together.

This initiative focuses on individual health with support by members of a group. Thanks to Dr. Cynthia Rivera, Chief of Behavioral Health Service, we developed a great event. Two walking courses were developed: a half-mile walk and a one-mile walk. We held the event twice on November 10th, first at 9:30 a.m. and again at 1:30 p.m. Over 35 patients and staff participated.

The response from our staff was great and we even had some of our veterans join us. This will be a great lead in to the *MOVE!* Program - "Managing Overweight/Obesity in Veterans Everywhere."



Prescott, AZ – Beth Brehio

Veterans on the Move, a nationwide program to encourage physical activity in our veteran population, was moving in a big way on November 10, 2004 at NAVAHCS. Beth Brehio, DTR and Paula Marks, CTRS met with veterans from our Domiciliary and Extended Care Unit to provide walking education and stretching. We then took a 30 minute walk around our beautiful grounds. Domiciliary walkers helped some non-ambulatory vets so more were able to participate. This program was well received and we hope to be able to provide more like it in the future.

These photos are from our “Veterans on the MOVE” event.



VISN 19

Denver, CO – Mary Kay Fletcher

For Eastern Colorado Health Care System: Nursing and Voluntary services organized a staff group to walk the 3 mile annual Denver Veterans Day Parade, held on Saturday, November 8, 2003.

Fifteen staff and approximately 1,000 veterans participated.

Fort Harrison, MT – James Lund

We organized a 1/2-mile & 1-mile walk, which veterans & staff could complete between 11:00 & 1:00. We had 12 people complete the course--which we thought was a success as it is winter here (temp <30 degrees...). We also had a booth in the lobby where we offered the handouts, which were sent out. We also had handouts & info on the Diabetes Prevention, which we gave to most of the physicians at this facility.

One suggestion would be to have this "move" day during the spring or fall when weather would be more agreeable (so that would be April, May, September, October) in Montana.

VISN 20

Anchorage, AK – Mark Schwartz

Up here in the last frontier, we find it a bit difficult to get folks outdoors to do much of anything, let alone walk in single digit temperatures when they are already inside, but nonetheless, we did participate in the MOVE program indoors. Listed below are our efforts - we:

1. Provided opportunity for vets and staff to attend a 90 minutes educational offering
2. Provided all appropriate MOVE handouts
3. Speakers included the EHS RN and Dietician
4. Posted informational notices throughout the facility

We are interested in promoting this again during a time of more accommodating temperatures. In any event, we will participate again next year and look forward to increased participation.

Roseburg, OR – Arlene Bradley

Here are pictures from our MOVE! walk.


Approximately 35 people participated in this walk. We started on our campus and walked to the adjoining city park's resident steam train (about 3/4 mile one-way); some walked the path around the entire campus (3 miles). Many more expressed the wish that they could have participated but someone had to provide coverage at the worksites! Our Director, Acting Chief-of-Staff, Associate Chief-of-Staff for Ambulatory Care, and various staff involved in Preventive Health attended, in addition to some others. Most people walked but some ran (a pharmacist & clinic nurse) and some bicycled (PMPC and her children). Most participants were employees but a few veterans (including one in a wheelchair) and non-veterans (including children) also participated. Participants' names were placed in a drawing for the 7 pedometers. I believe one of the participating veterans (living in a nearby halfway home) summed it up nicely by saying, "Boy, the VA sure does a lot of really cool, important activities. I only wish I could participate in more events".





VISN 21

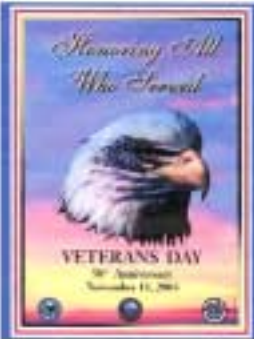
Manila, PI – Florence Viloria/Leana Agustin



Manila Regional Office
& Outpatient Clinic

VETERAN'S DAY 2003

Volume 1, Issue 1
November 18, 2003




Veterans on the Move

Last Nov 10, 2003, the VA OPC Manila, joined in the nationwide celebration of Veteran's Day. In line with this year's theme of "Veteran's on the MOVE", the organizers prepared a MOVE and WALK activity for the veterans. The mood the whole day was very festive. Earlier in the morning, the veterans were warmly welcomed by the staff with roses and given baseball caps as tokens for the said event. Certificates of participation and handouts on the benefits of exercise were likewise distributed to them. There were 55 Veterans & 52 VA Staff who participated. The oldest participant was a 93-year old veteran.

Mr. Don Sanders, Chief Information Officer, began the program with a thanksgiving prayer for all the veterans who have served the nation in war and in peace. This was followed by the opening remarks of, Mr. Barry Barker, Director VARO & OPC Manila who emphasized the VA's mission of serving the needs of the veterans.

Next, Dr. Eleanor Lopez, our cardiologist, explained this year's theme of veteran's day celebration and the benefits of exercise. Then, the veterans and their family and the Manila-OPC



Some special words from Mr. Barry Barker, Director, VARO & OPC Manila.


VA staff embarked on the MOVE and WALK activity for the day.

The MOVE activity was a mass exercise ably led by the VA staff nurses. The veterans gleefully stretched, excitedly gyrated and gamely danced to the most popular tunes in Manila "Otso-Otso" and "Spaghetti Dance". This was followed by a WALK/ PARADE activity around the facility.

In his closing remarks, Mr. Gil Kelley, the Clinic Manager, warmly thanked the veterans for their support and participation in the day's event.

The day's activity was culminated by a healthy breakfast shared by everybody. It was truly a memorable event for the veterans and staff and everyone is looking forward to next year's celebration.

Truly a
Special Day,
remembering our
veterans
is worth
experiencing
every year and we
are always
happy
to serve...



On the MOVE.....



Welcoming the veterans were Mr. Kelley, Mr. Sanders, Ms. Leony Revidod (Social Worker), Dr. Lopez, and Dr. Ronquillo



Mr. Kelley, Mr. Barker & Mr. Sanders share some light moments

Registration is even
a heartwarming moment.....



Dr. Gatilao with OPC Staff Lani Cortello, Olive Yasquez, Cynthia Directo, Benjie Arinante & Cookie Torrijos.

warm smiles
where "WELCOME" is not a word
but an "EMOTION"...



Short parade around the clinic to cool down



"Healthy" breakfast with the veterans and their attendants



Left or right it doesn't matter,
as long as we are moving together....



Not only are our veterans exercising,
they are enjoying....



Closing words from our Clinic Manager, Gil Kelley.



Best Staff in the VA

San Francisco, CA – Joel Simon

At the San Francisco VA Medical Center, we conducted focused events on 2 days, November 10, 2003 and November 13, 2003. There were guided walks with distribution of pedometers and an information table. Patient contacts for the 2 days totaled approximately 100.

VISN 23

VA Central Iowa HCS – Hank Wood/David Dettmann

The report is below. News articles, flyers, pictures and other items were used to promote this event.

Summary **"Veterans on the MOVE -Making America Stronger"** **VA Central Iowa Health Care System** **Wednesday, November 12, 2003**

Theme: In 1918, on the 11th hour of the 11th day in the 11th month, the world rejoiced and celebrated. After four years of bitter war, the Allied powers signed a cease-fire agreement (an armistice) with Germany at Rethondes, France on November 11, 1918, bringing World War I to a close. The "war to end all wars" was over. November 11, originally known as Armistice Day was renamed Veterans Day in 1954 to honor veterans of all U.S. wars. VA Central Iowa Health Care System used the number 11 as a fitting remembrance of the sacrifice of veterans and promotion of the "Veterans of the MOVE" initiative, which was intended to encourage exercise and weight reduction.

Activities: Five events were planned for veterans and staff at each campus (Des Moines and Knoxville). Starting time of events were 11 minutes past the hour between 10: 11 a.m. and 2: 11 p.m. Each event lasted for 11 minutes or involved the number 11. The events were:

- 11 minute walk. At 11: 11 a.m. Dr. Farhana Asad, Chief, Primary Care, received applause after providing 11 beneficial tips for exercise and weight reduction in Des Moines. Winds of up to 50 miles per hour challenged the 22 walkers who circled the medical center. Christine Gregory, RN, MS, MBA, Associate Director for Patient Care/Nursing Services, inspired walkers in Knoxville and modeled the exercise benefits of walking, including demonstrating use of her pedometer. As an exercise instructor in the community, she genuinely and enthusiastically endorsed the many benefits of some type of regular physical activity.
- 11 minutes of a "marathon of motion". Exercise in 11 minute increments keep a treadmill and exercise bike going continuously between 10:11 a.m. and 3 p.m.
- 11 minutes of stress management techniques provided by Dr. David Dettmann, Psychologist, and Monica Moore, RN, included exercises to alleviate stress.
- 11 nutritional tips and suggestions of healthful food products were provided at the V A Canteen along with a special healthy meal that sold out.
- 11 minutes of yoga at the Des Moines campus and 11 minutes of bowling in Knoxville. At Knoxville's bowling venue, Ted Sharp brought his "300" ring and news story as well as another high average bowling ring. Ted offered bowling tips to veterans and staff. Des Moines participants. Yoga instructor, Shannon O'Neill, encouraged stretching muscles regularly.

Participation: A total of 204 people participated in the events. To qualify for entry in a drawing participants were required to participate in at least two of the five events. Prizes in the raffle at each site included a DVD player with an exercise DVD, nutritional foods, pedometers, movie tickets, gift certificates, VHS exercise tapes, exercise DVDs and a relaxing CD.

Lessons Learned: Very few World War II era patients and family members participated. Younger employees made up the majority of VA staff participation. Domiciliary patients seemed to have the time to participate and did so. Few clinicians participated. If a similar event is repeated it might be worthwhile to target selected audiences. An alternate inside route would have increased participation on the 11-minute walk in Des Moines. Wind gusts to 60 mph reduced participation significantly. Nutrition tips and management of stress management were popular. The prospect of prizes drew many to the event. Volunteer and staff readily gave their time to make the event a success. "Veterans on the MOVE! -Making America Stronger" was a huge undertaking but had tangible results and should be repeated.



11 minutes of stress management led by Monica Moore, RN (upper left, facing) was very relaxing.



Dr. Sara Buttar provides 11 tips to encourage exercise and weight reduction prior to an 11 minute walk around the VAMC.



11 minutes of yoga led by Shannon O'Neill (right), Diane Densmore (left) and RaeAnn Lang partake.



11 minutes of stress management provided David Dettmann, Ph.D. (facing)



11 minute marathon of motion undertaken by employees (l to r) Lynn Hoy, Chris Gregory, Mike Christian, and veteran Lana Gillaspie.



11 minutes of bowling with a 300 bowler



11 nutrition tips for your refrigerator and a healthy lunch special

Minneapolis, MN – Michael Morris

The Minneapolis VAMC put on the “VA 5K Run/Walk/Roll” event in conjunction with Veteran’s Day and “Vets On the Move.” The day was beautiful...a sunny 34 degrees. We had nearly 200 participants and celebrated with a Naval Sea Cadet Corps color guard from Minneapolis. There was also a deejay and food on hand for participants upon completion of the event. The event was open to both employees and community members, with large numbers from both groups participating.



Sioux Falls, SD – Shirley Redmond

The Sioux Falls VA Medical & Regional Office Center invited all area veterans and residents to participate in VETERANS ON THE MOVE November 10. News releases were sent to local media as well as regional daily and weekly newspapers. A short article was printed in the Sioux Falls *Argus Leader* on November 10, and the event was also included in their weekly calendar of events. Flyers were distributed and displayed throughout the medical center.

The temperature was a brisk 40 degrees that day, so most of the 50+ participants chose an indoor route (although several employees did walk outside). Indoor and outdoor walking maps

were provided for veterans, volunteers, employees, and family members. Leela Suppaiah, Associate Director for Patient Care Services, walked the course with many of the indoor walkers. Several veterans in wheelchairs were included in the fun. Fruit, water, and pretzels were offered to walkers. The Sioux Falls Federal Credit Union, VA Employees Association, Local AFGE 1509, and the Women Veterans Committee provided door prizes: a gift basket which included a \$50 savings bond, gift certificates for the Veterans Canteen Service, denim shirts, and lunch bags. Copies of the handouts you provided were also available. Certificates of participation were presented to walkers. Employees who helped organize and assisted with the walk were given the *On the Move* pedometers and will be recognized at an all-employee town hall.

The committee discussed a possible event for next year noting we felt increased participation from staff, especially preventive medicine, patient education, and the service lines was key to growth. Many staff members were on leave this year since November 10 fell on the Monday before Veterans Day. We also discussed inviting local radio or television personalities to participate next year and perhaps involving high school cheerleaders. Purpose of their involvement would be to increase awareness and understanding of veterans and veterans' issues in addition to promoting the benefits of a healthy lifestyle.



